

Weight Lifting Waiver Form

This form is in regards to weight training that will be held on Christ Wesleyan Church grounds. Signing this form releases any and all responsibility of Meadowbrook Christian School, Christ Wesleyan Church, and all employed personnel of any injury resulting from weight training on Church property.

By signing this form, you signify that you understand and accept the terms listed above.

Participant:

Signature: _____ Date: _____

Parent / Guardian:

Signature: _____ Date: _____